

HELMET FIT ELEMENT**ABSTRACT**

5 A fit element for a helmet for minimizing helmet movement on the head of a wearer is described. An embodiment of the fit element includes a base portion and an integrated stretchable material. The base portion includes at least one attachment leg, a right side arm and a left side arm, wherein the attachment leg is substantially perpendicular to the right and left arms. The base portion may also include attachment points for connecting to an interior rear area of a
10 helmet, and advantageously has at least one cut-out section along its length to permit flexing. In an implementation, at least a portion of a lower edge of the middle section of the base portion has a curved shape for facilitating entry of the wearer's head into a helmet.

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